

## A MINUTE OF HEALTH WITH CDC

## Learn to Swim

Drowning — United States, 2005–2009 Recorded: June 19 2012; posted: June 21, 2012

This program is presented by the Centers for Disease Control and Prevention.

As the weather warms, families will be heading to pools and beaches to try and beat the heat. However, drowning is among the leading causes of unintentional death worldwide and is the number *one* cause among children between one and four years. Nearly 4,000 people drown each year and thousands more are treated in emergency departments.

When children aren't supposed to be in the water, supervision isn't enough. Barriers, like fences around pools, need to be in place. When children are in the water, supervision and swimming skills can keep them safe. Swimming lessons as early as age one can help prevent drowning.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.